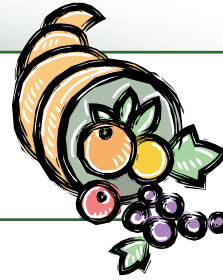


Joy Journal



Northwest Assistance Ministries

Vol. 15, Issue 11

November Events

Chamber Music

Mercury Baroque chamber orchestra will present an afternoon of chamber music on Tues., Nov. 8 at 3pm at The Centrum. The performance will include vivacious, Spanish-inspired dances to the harmonious sounds of Bach. 50+ has a limited number of free tickets. Tickets will also be available at the door for \$10.

Medicare Changes

Don't be the last to know! Find out about upcoming changes in Part D Medicare, including savings on commonly used medical and comfort items. The dates for enrollment have also changed. Learn about what is new from Juaquin Lopez of Walgreen's on Wed., Nov. 9 from 9-9:30 am. \$1 daily fee applies.

Thanksgiving Schedule

NAM will close at 12:00 noon on Wed., Nov. 23 and will be closed all day on Thu., Nov. 24 and Fri., Nov. 25.

Thanksgiving Prayer

Today, may we appreciate this food and remember those who are hungry.

May we appreciate our family and friends, and remember those who are alone.

May we appreciate our health and remember those who are sick.

May we appreciate the freedoms we have and remember those who suffer injustice and tyranny.

For peace on earth, we pray. Amen.

AARP Safe Driving

Lincoln Pettaway's class on Thu., Nov. 10 from 11am-4pm may be good for a 10% reduction in insurance, but does not count toward ticket dismissal. Bring a sack lunch! \$12.99 for AARP members; \$14.99 for non-members.



Fifty Plus Center

A NAM Program
15555 Kuykendahl
Houston, TX 77090
281-885-4600

www.namonline.org

Daily Activities:
Mon-Fri 8am-5pm
\$1 per visit
\$10 per month
\$25 Initiation Fee

Grace Jackson
Senior Services Director
June McFadden
50+ Coordinator
Carole Little
NAM President & CEO

50+ Advisory Council

John Shipp, Chairman
Juanita Barnett
Lynn Bollwinkle
Mary Helen Chachere
Janice Loocke
Orvis McDermed
Judy O'Shea

Non-Voting Members

Grace Jackson
Rebecca Landes

50+ Weekly Activities

Mondays

9:30 am : Low Impact Aerobics. Follow Alyce Arbing as she leads the group through a walking warm-up and then a “sit and be fit” upper body routine. \$1 daily fee applies.

10– 11:30 am : Bingo. You will love our bingo prizes! Come early to enjoy coffee and snacks. Our bingo players are serious, so once the game starts, all eyes had better stay on the cards! \$1 daily fee plus 50 cents per card.

10:30am : Literature Inc. Join Mary Helen Chachere as she leads a group discussion on books and current events. The group even take occasional field trips! Stimulate your brain! \$1 daily fee applies.

Tuesdays

12 noon-1pm : Salsa Lessons. Join professional dancer Michael Carter on the second Tuesday of the month as he shows you the latest salsa techniques! There is no need to bring a partner...just your dancing shoes and a sense of fun! \$1 daily fee applies.

Wednesdays

10am : Intermediate Line Dancing. Pat Monachino leads the group through the basic steps that make you into a true line dancer! This is great exercise for body and mind, and a chance to make new friends. \$1 daily fee applies.



10– 11:30 am : Bingo

Thursdays

9:30-10:30am : Low Impact and Resistance Training Exercise Class. Steven Lott leads this new class that adds another day of fitness to your week. Steven is a personal trainer, but will go easy on you! \$1 daily fee applies.



Fridays

9:30 am : Low Impact Aerobics

10:45 am : Tap Dancing

Other News

Shen Yun Chinese Dance

The Shen Yun Performing Arts group, the world's leading classical Chinese dance company, will be performing at Houston's Jones Hall from Dec. 21-27. The Shen Yun show combines classical dance, acrobatics, beautiful scenes, and moral lessons. If you give the code SY02 when you buy your tickets, NAM will receive 10% of proceeds! To order, call 1800-380-8165 or go to www.HouShow.com.



Leave a Legacy



Do you feel that NAM provides beneficial services? Would you like to help ensure that those services are here for generations to come? If so, please consider leaving NAM a gift in your will. Or, if you have already named NAM in your will, let us know! For information, contact Maria Magee at 281-885-4605 or at mmagee@namonline.org.

Save the Dates!

Dec. 7 : Christmas Sing-a-long with Celeste Booker on piano and guitar

Dec. 14 : Cypress Woodlands Junior Forum Holiday Luncheon. Entertainment by the Harbor Lights Choir. Sign up early at the 50+ front desk!

Jan. 23, 2012 : Floral Arranging Class by the Society for the Advancement of Floral Design/ Led by Olga Lea.

Happy Thanksgiving!

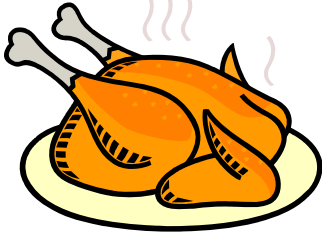
Monday


Tuesday

Wednesday

Thursday

Friday

	<p>1 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta (Card Room)</p>	<p>2 8:15am Morning Walking 10am Bingo 10am Line Dancing 12:30pm Ballet Dancing</p>	<p>3 8:15 am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>4 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>7 9:30am Exercise Class 10am Bingo 10am Free Flu Shots 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>8 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 12 noon Salsa 1pm Canasta 3pm Mercury Baroque at The Centrum</p>	<p>9 8:15am Morning Walking 9am Medicare Changes 10am Bingo 10am Line Dancing 12:30pm Ballet Dancing</p>	<p>10 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>11 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>14 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>15 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>16 8:15am Morning Walking 10am Bingo 10am Line Dancing 12:30pm Ballet Dancing</p>	<p>17 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>18 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>21 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>22 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>23 8:15am Morning Walking 10am Bingo 10am Line Dancing NAM CLOSSES AT NOON</p>	<p>24 NAM CLOSED – Happy Thanksgiving!</p> 	<p>25 NAM CLOSED</p>
<p>28 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>29 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>30 8:15am Morning Walking 10am Bingo 10am Line Dancing 12:30pm Ballet Dancing</p>		


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